

WHAT IS CLAIMED IS:

1. A method of improving vaginal health throughout life comprising orally administering a therapeutically effective amount of at least one
5 probiotic organism and a pharmaceutically acceptable or food grade carrier.

2. The method of Claim 1 further comprising the administration of a therapeutically effective amount of a second probiotic organism.

10 3. The method of Claim 1 wherein said probiotic organism is a *Lactobacillus*.

4. The method of Claim 2 wherein said second probiotic organism is a *Bifidobacterium*.

5. The method of Claim 1 wherein said
15 probiotic organism is selected from the group consisting of *L. rhamnosus*, *L. acidophilus*, *L. fermentum*, *L. casei*, *L. reuteri*, *L. crispatus*, *L. plantarum*, *L. paracasei*, *L. jensenii*, *L. gasseri*, *L. cellobiosis*, *L. brevis*, *L. delbrueckii*, *L. helveticus*, *L. salivarius*, *L.*
20 *collinoides*, *L. buchneri*, *L. rogosae*, or *L. bifidum*.

6. The method of Claim 2 wherein said second probiotic organism is selected from the group consisting of *B. bifidum*, *B. breve*, *B. adolescentis*, or *B. longum*.

7. The method of Claim 5 further comprising
25 administration of a combination of *L. fermentum* RC-14 and *L. rhamnosus* GR-1.

8. A method of treating vaginitis comprising orally administering at least one probiotic organism to a patient in need thereof and a pharmaceutically acceptable
30 carrier.

9. The method of Claim 8 further comprising administration of a therapeutically effective amount of at least one second probiotic organism.

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10. The method of Claim 8 wherein said probiotic organism is a *Lactobacillus*.

11. The method of Claim 9 wherein said second probiotic organism is a *Bifidobacterium*.

5 12. The method of Claim 8 wherein said probiotic organism is selected from the group consisting of *L. rhamnosus*, *L. acidophilus*, *L. fermentum*, *L. casei*, *L. reuteri*, *L. crispatus*, *L. plantarum*, *L. paracasei*, *L. jensenii*, *L. gasseri*, *L. cellobiosis*, *L. brevis*, *L. delbrueckii*, *L. helveticus*, *L. salivarius*, *L. collinoides*, *L. buchneri*, *L. rogosae*, or *L. bifidum*.

13. The method of Claim 9 wherein said second probiotic organism is selected from the group consisting of *B. bifidum*, *B. breve*, *B. adolescentis*, or *B. longum*.

15 14. The method of Claim 12 further comprising administration of a combination of *L. fermentum* RC-14 and *L. rhamnosus* GR-1.

15. A method of reducing candida colonization comprising orally administering a therapeutically effective amount of at least one probiotic organism to a patient in need thereof and a pharmaceutically acceptable carrier.

16. The method of Claim 15 further comprising administration of a therapeutically effective amount of at least one second probiotic organism.

17. The method of Claim 15 wherein said probiotic organism is a *Lactobacillus*.

18. The method of Claim 16 wherein said second probiotic organism is a *Bifidobacterium*.

30 19. The method of Claim 15 wherein said probiotic organism is selected from the group consisting of *L. rhamnosus*, *L. acidophilus*, *L. fermentum*, *L. casei*, *L. reuteri*, *L. crispatus*, *L. plantarum*, *L. paracasei*, *L.*

jensenii, *L. gasseri*, *L. cellobiosis*, *L. brevis*, *L. delbrueckii*, *L. helveticus*, *L. salivarius*, *L. collinoides*, *L. buchneri*, *L. rogosae*, or *L. bifidum*.

20. The method of Claim 18 wherein said second
5 probiotic organism is selected from the group consisting of *B. bifidum*, *B. breve*, *B. adolescentis*, or *B. longum*.

21. The method of Claim 15 further comprising administration of a combination of *L. fermentum* RC-14 and *L. rhamnosus* GR-1.

10 22. A pharmaceutical composition consisting of *L. rhamnosus* GR-1 and *L. fermentum* RC-14 and a pharmaceutically acceptable carrier.

23. A method of treating bacterial vaginosis comprising orally administering a therapeutically
15 effective amount of at least one probiotic organism and a pharmaceutically acceptable carrier.

24. The method of Claim 23 further comprising the administration of a therapeutically effective amount of at least one second probiotic organism.

20 25. The method of Claim 23 wherein said probiotic organism is a *Lactobacillus*.

26. The method of Claim 24 wherein said second probiotic organism is a *Bifidobacterium*.

27. The method of Claim 23 wherein said
25 probiotic organism is selected from the group consisting of *L. rhamnosus*, *L. acidophilus*, *L. fermentum*, *L. casei*, *L. reuteri*, *L. crispatus*, *L. plantarum*, *L. paracasei*, *L. jensenii*, *L. gasseri*, *L. cellobiosis*, *L. brevis*, *L. delbrueckii*, *L. helveticus*, *L. salivarius*, *L. collinoides*, *L. buchneri*, *L. rogosae*, or *L. bifidum*.
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28. The method of Claim 26 wherein said second probiotic organism is selected from the group consisting of *B. bifidum*, *B. breve*, *B. adolescentis*, or *B. longum*.

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29. The method of Claim 23 further comprising administration of a combination of *L. fermentum* RC-14 and *L. rhamnosus* GR-1.

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